

**Quick Study Guide**

**Topic:** States of Consciousness Sleep Disorders

**Related Course(s):** Psych 1100

**Sleep Disorders & Hypnosis Key Terms**

**Insomnia:** difficulty falling and staying asleep

3 basic patterns of insomnia:

1. Initial problems falli 22ID 2>stf0 G]EQ6 2 reW\*nB 12 fl 0 0 1 2195184 to G]EQMC P M CID 3